

M-229 Tuesday June 20, 1961 - M-229  
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Lotte Karman  
John Marshall  
Susan Wein  
Hilda & Robert Gardner  
Robert Schoenholt  
Eileen Wright  
Don & Lita Harrison  
Terry Owens

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During summer vacation work doesn't really stop. We need to overbridge this period; we need continued stimulus.

QUESTION: (Despina) For the first time I begin to realize that I have a very great inner conflict. And I realize what it means to work.

ANSWER: It is good. It is good that you say it in a group. When you go through a difficult period, try to remember that you made such a statement.

QUESTION: (Theresa Crager) I need clarification in regard to the sensing task in which we become open to the influences of religion. I wasn't sure whether to force my intellect into it.

ANSWER: Some of the people who tried this realized how little they knew about religion. I did not mean how the religion was founded. I meant how it was lived by its adherents. Sometimes they may have accomplished something through their understanding and that will have gone up to live in a different sphere. Try to see objective truth in religion. The additional task is now to read a little, to gain more knowledge. Then put yourself in a state to try to receive the influences of another sphere, of a planetary level. What you understand of that depends upon your understanding of yourself; it is in accordance with your conscience. It can have many results and it will not be a question of knowledge but one of understanding. The reason we localize it in limbs is to make it more definite. If I try it in my totality, it will be too difficult.

QUESTION: (Virginia Hagihara) Relates experience of reading All and Everything onto tape for a blind friend.

ANSWER: It is good as an experience. The group has been patient to listen. I was a big thing, there was attention but you tried their patience. You must consider others. You should boil it down into an essential statement. You must uncover in your attitude that which makes you speak so long. Sometimes it is difficult to know what is right. When one speaks, one speaks solely for one's own work - the rest is not as necessary. It was taxing in this case and one is not entitled to do it. I say things that belong to my own private life in order to be more a human being than a teacher. But I have freedom to speak either long or short. When I speak it is for the sake of ideas. I have a responsibility and I must constantly remember it. I have a responsibility to be exact about ideas. I acknowledge Gurdjieff as the one and only. Everyone else is a pupil. But I have a responsibility regarding my own attitude, my behavior, that which I say, and also a responsibility for the people in the group. It is not always easy but it is necessary. Some of us come under the influence of others and then some people get confused. My responsibility extends to clearing away the confusion. That way, if I know where to stop, and can speak without being involved, if I can state facts without being identified with them, then I can continue as long as I maintain non-identification. Otherwise I commit a sin. What am I allowed to say? What can I allow myself to say and remain responsible? If I am non-identified, the I am guiltless. This is like yeast which goes through your every action, thought, etc. It takes only a tiny molecule of feeling to become identified.

QUESTION: (Terry Owens) My work goes very badly. I have had many times when I could not work but this seems different. I feel as ~~though~~ though there is

something strangulating which will not allow me. It is not that I do not wish. ANSWER: What do I do when I try to work? I try to have mastery of my ordinary personality; individuality becomes master. This can become positive as against the negativity of my functions. How am I regarding work? At first, I have interest. Then it becomes very difficult and my interest starts to wane. But I have in mind that I ought to work. I have a bee in my bonnet, an idee fixe. I associate work with a certain form of attitude and I start to use my ordinary functions to try to make an effort. I will frown, tense my muscles. I will say; I want to, I ought to be able, why can't I. And this becomes standard form. The question is still I wish to work but now I say I don't wish to work. But I is still there. I have to release tensions and drop my old attitude. I emphasize being master. I want to be lazy, I want to relax, I want to sit, I don't care. Emphasis must be on essence, emphasis is on I wish, so help me God. Put essential being on the throne.

QUESTION: (Ruth Axelrod) I'm divided. I feel that if I don't make efforts, I'm wasting time and I feel futility because I can not fulfill my wish.

ANSWER: One tries to see in one's life, to the extent that I wake up, the influences that effect me. There are two possibilities to be seen: Ordinary life and evolution towards something else. I am under the influence of two forces. I must be willing to see them through attention. What makes me wish to be attentive to these two forces? That is neutralizing force. I is a phenomenon. Neutralizing force directs my wish to wake up. The higher force is necessary in order to wake up. Freedom from attitude will create the necessary conditions for waking up. But it is not from the brain. The brain must be relaxed.

QUESTION: (Mildred Mayres) I associate ideas with time, that I am losing time (The rest was inaudible)

ANSWER: Life can be subject to three different calculations of time. The ratio is 30,000 to one. Thought processes are ~~are~~ nothing from the standpoint of real life because 30,000 of them are worth one of life on a different plane.. In a different kind of life, events on Earth take on a different color and they have not the value they had when you lived there. I strive to live on a different level of being which I can reach in a moment; then my definition of time disappears. If I strike higher Do, it contains the whole preceeding octave. In ordinary life I try to understand levels, I try to become free from ordinary functions and then I can live in the Do Re Mi of my astral body. If I continue in that I would become Man number 5. That is the color and the quality of planetary level, of all the planets having become united, that all feelings unite into a center. Then I would be always the same, reliable, that I could be what I wish to be. If I have to behave like Mars I would be able to. Planets correspond to different emotional states. In this, the accent of life has been shifted to a different level. But I would still need further freedom and a Higher Intellectual Body. It is possible to make two higher bodies on Earth. I cannot, in my finite mind really understand God or understand the ratio of 30,000. For that understanding I need objectivity. Earth is the unfortunate planet or the sad planet. It belongs in the same place as other planets but it is not there because of organic kingdom.

QUESTION: (Marvin Schwartz) I've been dreaming I'm awake. I don't know what to believe.

ANSWER: It is true that you continue to dream. Can you then see your dream, become aware of your dream? I am asleep but I dream I am awake and

when I wake up I realize that I have been asleep. If I were totally mechanical this would not be possible. I also know by experience that I can be awake. Dreams can be used as a stepping stone for waking up. Ask yourself, "Am I?", "Where am I?" at the moment when you dream you are awake. If I keep on stating that I can not then I am just using up energy. Give yourself the task, that once a day you will change the dream to reality. Remember the story about the chicken and the egg. Something in the chicken knows. You have to see this.

You have to work very hard during the summer. Don't let it slip by. Try to make a resolution to do your higest best during the summer. Do something different, read All and Everything, do things you have neglected, things for someone else, small things. We hope for a certain amount of quiet and not being disturbed. We object to becoming ruffled. It is nonsense. Life is constantly changing and we have to learn how to take it. Remember yourself Everywhere and Always.